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Psychoprophylaxis of Depressive Disorders in Alcohol-Dependent Patients during the Covid-19 Pandemic and Autoagressive Actions in Children Growing up in this Family

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ABSTRACT

Issues of socio-clinical and psychopathological aspects of the formation and Prevention of depressive disorders in patients with alcoholism at the time of the Covid-19 pandemic or similar global psychotraumatic effects are still relevant. However, during the Covid-19 pandemic, methods for the treatment and Prevention of depressive disorders in patients with chronic alcoholism have not been sufficiently developed.

KEYWORDS: *Covid-19 pandemic, alcohol-dependent patients, depressive, autoagressive*

Introduction:

There are no methods or criteria for assessing the effectiveness of psychopharmacotherapy in patients with alcoholism. Currently used symptom improvement criteria are unreliable in determining the effectiveness and resilience of drug correction and psychotherapy [1, 4, 8]. Psychoprophylactic and therapeutic interventions should focus not only on symptoms of depression, but also on long-term, real, deep internal changes in the Individual [2, 6].

The negative consequences of growing up of adult children in a family whose parents have a predisposition to alcohol during the Covid-19 pandemic, the attention of researchers has reached the peak of scientific interest in this topic in recent years and is widely studied [3, 5, 7, 9, 10]. As a result of the negative influence of the environment on children who grew up in such a family, aggressiveness, low self-esteem, a high degree of predisposition to alcohol products and drugs are manifested [11, 12, 13, 15]. When a medical history was collected from patients with alcoholism, it was found that most of them grew up in an alcoholic family with a life history [14, 16]. This is mainly caused by the negative psychological effect that he received in childhood during his life [17, 18]. In the literature, it has been noted that children who grew up in families where at least one father or mother is prone to alcohol are observed in large quantities in the act of taking revenge on their mother [20, 21, 22]. It was found that more than a third of suicidal children and adolescents have parents with mental disorders, there are also those in whose composition alcohol dependence dominates, which is the result of not only the tension of suicide, but also the high level of stress factors caused by parents and the psychological influence of parents prone to alcohol [19, 23].

The purpose of the study:

Optimization of psychoprophylaxis of depressive disorders in alcohol-dependent patients and analysis of symptoms of auto-aggressiveness in growing children in families with a predisposition to alcohol.

Materials and methods of research. During the Covid-19 pandemic, a study was conducted on 56 alcohol-dependent men on the basis of the dispensary of the Samarkand regional branch of the Republican specialized scientific center for Narcology on an outpatient basis. According to the results of the study, patients were divided into 2 groups. Group 1 (n=19) persons with alcohol dependence without Affective Disorders. Group 2 (n=37) individuals patients with severe alcohol dependence with depressive disorders. The frequency, duration and intensity of depressive disorders were assessed on the Hamilton Scale. Regardless of the presence or absence of Affective Disorders, outpatient antidepressant therapy was prescribed.

During the Covid-19 pandemic, the main group was 20 unmarried girls (average age of 18 ± 1,7 years) and 30 unmarried boys (average age of 19 ± 2,5 years) to check their adult children in a family with a penchant for alcohol. The control group includes 40 unmarried girls (average age 19 ± 1,1 years) and 60 unmarried boys (average age 20 ± 1,7 years) without parents suffering from alcohol addiction. The criteria for joining the main group are that at least one of their parents has alcohol dependence. The criterion for inclusion in the control group was the absence of indications that one of the parents had an alcohol disease. A questionnaire was used to determine auto agressiveness as the main diagnostic tool.

Results and their discussion. During the Covid-19 pandemic, the abandonment of antidepressants on an outpatient basis was observed in 19 patients, who explained the feeling of feeling better, the side effects of therapy were lack of sleep, sensitivity, superficial sleep at night. In some patients, fatigue, apathy, unwillingness to do anything, and daytime insomnia were observed. About 15 people (26,7%) reported on the features of alcohol consumption. Of the 19 patients who temporarily stopped this treatment, 16 (84%) developed a relapse in alcohol consumption. Of these, only 3 patients reported a state of remission. Reception of cyprt drinks was observed in 14 (25%) patients. During the survey, it was found that during therapy without antidepressants, cases of depressive disorders, internal stress and poor sleep, in which alcohol was not consumed, increased. Retsediv levels are almost 2 times lower (up to 3 months) and long-term treatment is recommended in patients who are recommended to continue treatment for 3 months after discharge from the hospital. The findings suggest that psychotherapeutic intervention (3 months later) is one of the most effective ways to prevent early recurrence of alcoholism and depressive disorders in various types of alcohol addiction. In addition, patients who achieved remission within a year after previous

psychopharmacotherapy found that the use of antidepressants was justified and helped to achieve a "feeling of mental balance".

The advantage of the drug is to minimize side effects, which is a relatively inexpensive but very economical connection with the drug with the pathogenetic effect of depressive disorders. Having received long-term treatment, patients and their relatives noted that there is no "improvement in mood", "relief and confidence", "a feeling of mental stability", "irritability" in relation to the previous course of treatment. As we can see, psychopathology was the most common cause of anxiety and depression. However, the average assessment of these symptoms was not higher than the 3-point scale.

In the last 14 months, the average score on Hamilton was not higher than 7.

Having studied the duration of remission in the observed group of patients, the following conclusions were drawn: the average duration of the period of remission in treatment with antidepressants was 11,07 ± 2,16 months. Long-term support for antidepressant therapy in previous anti-alcohol treatment courses was 8,15 ± 1,17 months (the difference was almost p = 0,017). As a result, it is important for the prevention and treatment of depression in alcohol-dependent patients, as part of a long course of treatment for treatment with antidepressants and as part of a comprehensive prevention program for alcohol addiction syndrome.

The main part of the guys who grew up in families suffering from alcoholism during the Covid-19 pandemic is the characteristics of suicide, which show them a significant dara ada higher than the guys in families where their parents do not have alcohol problems. In girls brought up in such a family, unlike guys, it is much more often observed to feel unnecessary in amity, to give sloth a good appetite and low self-esteem. In girls, parasuicidal Halos are observed only slightly higher, in combination with signs of demonstrativeness. In children brought up in such a family, auto-aggressive properties are riveted only to a much stronger psyche or psychologists.

Table 1 Levels of self-harm in growing children in families suffering from alcoholism during the Covid-19 pandemic

Clinical signs	Main group		Control group	
	Boy	Girl boy	Boy	Girl boy
Suicide attempt	8	5	-	-
Suicidal thoughts	12	7	-	-
Relative suicide attempt	6	5	-	-
Want to be alone	14	18	1	2
Moments of despair	18	16	2	5
Tendency to overeat, refusal to eat	22	13	-	-
Lack of meaning in life	16	13	-	1
The idea of self-harm	12	14	-	-
Reception of alcohol products	26	11	3	–

In Table 1, the data were found that boys had much higher suicidal attempts and suicidal thoughts, which corresponds to the data obtained by other researchers. The thought of suicide, the desire to be alone, the inability to find meaning in life are more manifested in the respondents in the main group. In addition, a high level of respondents in the main group (which is 6 times more common than in the control group), whose close relative tried to commit suicide, is noteworthy.

Among these respondents, it turned out that girls have a higher desire to be alone than boys. In addition, the degree of self-harm in them is observed much more often than in raw boys. In boys on the contrary, the craving for alcohol products prevails, and they have a higher probability of contracting alcoholism. Among these respondents, it logically complements the fact that suicide behavior is expressed by a hypothetical emotion, which includes an abundance, loneliness, disappointment and confidence in the absence of meaning in life. Also, in the main group in relation to the control group, respondents are distinguished by a high level of their autogressivity, physical self-harm, cases of the use of psychoactive treatments, a tendency to risky behavior. The data obtained indicate that the respondents in the main group have a high level of self-harm. Taking into account all of the above, we see as a basis the existence of Alcohol Dependence in a father or mother as an important factor. Suicide hat requires serious attention in the preventive diagnosis of complications.

In a group of girls whose parents grew up in families prone to alcohol, it was found that suicide (suicidal thoughts and suicide attempts) is observed at a relatively early age. In addition, the girls of the main group are also distinguished by a high frequency of identifying those who predict suicidal behavior within themselves. The passivity of the emotional reaction, the feeling of loneliness and guilt, the tendency to regret, repentance, self-criticism, states are much more manifested in girls. Along with the signs described above, the father of anxiety and family environment expands the generally accepted auto-aggressive characteristics of his daughters in families prone to alcohol and forms their hopeless conditions. Taking into account the data obtained, we can say that the autogressive high dara ada was manifested in relation to her daughters, whose parents had alcohol dependence. At the same time, in this group, various autogression phenomena (low self-esteem, attempts to take alcohol) were observed.

Conclusion

An integrated approach to the prevention, treatment of alcohol dependence syndrome and depressive disorders during the Covid-19 pandemic is based on the appropriate treatment of alcoholic psychoses, in which there are subdepressive and depressive states in the treatment of psychoprophylaxis and antidepressants. For the Prevention of alcohol dependence syndrome and associated depressive disorders, the use of antidepressants (selective serotonin reuptake inhibitors) is recommended.

During the Covid-19 pandemic, upbringing in a family where at least one of the parents is prone to alcohol increases the activity of aggressive radicals and antitrust. In this regard, in alcoholic families, adult girls and boys are included in the group of high risk of suicide. The information obtained expands the existing understanding of the negative influence of parents in an alcoholic family, clearly testifies to the fact that parents ' predisposition to alcohol is an important phenomenon, and also indicates the need to create crisis management and preventive services in children who have grown up in a family with alcoholism from doctors.

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